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DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M.D., DIRECTOR



Weekly Bulletin

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GUY P. JONES
EDITOR

Child Hygiene Activities Growing.

The increased interest in child welfare in all of its many phases is most conspicuous. It would seem that there has never been a time when so many influential individuals have evidenced so intense an interest in this important subject. Due to this widespread interest and to increased population, the demands made upon the Bureau of Child Hygiene of the California State Department of Public Health have increased each year. Most of the activities of the bureau are carried on in those rural districts where no service for the promotion of infant and maternal welfare is available, so that its small staff of workers is kept almost constantly in the field. Demonstrations in child care and in prenatal care form the bulk of the work carried on by the bureau. The inspection of maternity homes and hospitals and the licensing of such institutions as conform to the required standards is also an important activity of the bureau, having been added to its original work in 1925.

Activities directed toward the prevention of infant mortality in California have produced noteworthy results. The infant mortality rate has been reduced from 73 per one thousand births in 1923 to 62.5 in 1927. This means that

2515 babies lived, who would have died had the 1923 rate not been reduced. The infant mortality rate for 1927, 62.5, is the lowest ever recorded for the State of California. The lowered rate for 1927 as compared with the rate for 1923, indicates how successful work in the prevention of infant mortality has been.

Under the stimulation of the activities of the Child Hygiene Bureau there are now being conducted 229 health centers where infants may secure periodic medical examinations and mothers be given educational advice in the upbringing of their children. These are scattered widely over the state, all of the more populous counties having at least one center monthly.

Twenty public health nurses employed chiefly in the rural districts of California have been and are now supported either wholly or in part through the federal funds which will terminate next year. The staff has made 105,720 examinations of infants and preschool children. These field workers are responsible in no small measure for the improved conditions among California mothers and children. To withdraw them from their various centers of activity would have a most deterrent effect upon the excellent work that they have so far accomplished. Conferences for well babies, physical examinations for preschool children, little mothers' classes, lec-

tures, mothers' classes, prenatal conferences and clinics are carried on continuously.

When the Bureau of Child Hygiene of the State Department of Public Health was organized, its program included, for the most part, activities that had to do with the promotion of infant welfare and the prevention of infant mortality. It is only during the past two or three years that the bureau has been able to carry on intensive work in the prevention of maternal mortality. This has been done chiefly by means of conferences, demonstrations and lectures. The reductions in the maternal mortality rates for the state are shown in the following table:

Year	<i>Maternal mortality rate</i>
1923 -----	6.7
1924 -----	5.9
1925 -----	5.6
1926 -----	5.2
1927 -----	5.2

By this reduction the lives of 432 women have been saved who would have died had the 1932 rate prevailed. Consultations with 6823 expectant mothers have been conducted and 20,002 sets of prenatal letters distributed.



Heart Diseases Cause Most Deaths.

A total of 120,170 persons died in California during the past biennium. Diseases of the heart caused the greatest number of deaths with cancer and tuberculosis following in order of importance. Communicable diseases caused about 20 per cent of all deaths. The suicide rate showed no indication of decreasing, 2384 persons having killed themselves during the two-year period, 1926-1927. The suicide rates were 27.1 and 29.9 per 100,000 population for 1926 and 1927, respectively. There is also no sign of a decrease in the rates for other violent deaths which showed rates of 116.4 and 119.7 per 100,000 population for each of the two respective years, 9882 persons having been killed during the biennium. Automobile accidents killed 1623 people in 1926 and 1782 in 1927—a total of 3405 for the biennium. Of this number 3068 involved automobiles only, 63 involved automobiles and street cars and 274 involved automobiles and railroad trains, chiefly at grade crossings. The automobile mortality rate for 1926 was 39.3 and for 1927 it was 42.0.

INFANT CARE LETTER No. XII

Twelfth Month

My Dear Mrs.

Your baby is now about one year old. Let us consider what we expect a healthy, well one-year-old to be and do.

He should weigh about 21 pounds, and should have from 6 to 8 teeth. His "soft spot" should feel nearly closed (it does not completely close till about the 18th month). His flesh should be firm, his skin clear, his lips and the lining of his mouth red. His eyes should be bright—they should not be bloodshot or show any discharge under the lids. They should not be crossed, even occasionally. A child with crossed eyes at a year old should be taken promptly to the oculist.

He should have a bowel movement once or twice daily at a regular time. He should not soil or wet his diaper except as an occasional accident. He should still take 2 naps daily and go to bed without fuss by 7:00 p.m. He should sleep through the night without feeding.

He should be immunized against diphtheria and vaccinated against smallpox.

He should have learned to like at least 2 different cereals, 4 different vegetables, 2 different fruits, and to drink both milk and water well from a cup.

He should stand, walk alone or with a little help, and climb on low objects (stool or low chair). He should imitate simple movements such as shaking a rattle or waving "bye-bye"; should understand and obey "no, no"; should show a preference in selecting one from several objects; should pick up a small object such as a large shot; should understand simple commands.

It may be that your baby is larger than the average and better developed. If he is, and if he can do more than is suggested above, you should be glad that he is growing and learning so well.

We hope you will wish to continue the study of your child's needs, and how best to train him. If you wish to have an outline for further study, please let us know, and we will gladly send you one, containing a list of useful books.

We will be very pleased to know whether these letters have helped you, and to have you write for literature.

One last word of advice—continue taking baby regularly to your doctor or the health center. This should be done at least every 2 months during the second year. This is the most certain method of making sure you are doing all you can to have a fine healthy child.

Very sincerely yours,

ELLEN S. STADTMULLER, M.D., Chief.

State Inspects Tomato Products.

California is the second state of the Union in the packing of tomato products. In order to insure the high quality of these products the Cannery Inspection Division of the State Department of Public Health exercises supervision over the canning of tomatoes and tomato products in fifty-four canneries of the state. These canneries are located in the vicinity of Sacramento, the San Francisco Bay region, Alameda County, Santa Clara Valley, San Fernando Valley and Riverside County.

The division's service consists of inspection of raw material in the fields and at the canneries, as well. Wormy, sunburned, blighted, decayed and moldy material is not permitted to enter the canneries. Such material is condemned when found in the fields or on the cannery platforms and weighing stations. Furthermore, the adulteration of canned tomatoes by the addition of water, artificial color, added sugars or the packing of decomposed material is never permitted. Twenty-one inspectors carry on this work, visiting each cannery from one to five times a day, as conditions may require.

During the past season 3673 inspections of tomato products were made at the canneries and 7232 such inspections were made in the tomato fields. There were 577 complaints made by the canners and in 982 instances the growers were required to sort the fruit before it was permitted to enter the packing houses. Following are the numbers of cases of tomato products inspected, each year, by the Division of Cannery Inspection since 1925:

1925 -----	1,839,000 cases
1926 -----	2,347,000 cases
1927 -----	2,256,874 cases
1928 -----	2,800,000 cases

You may keep your beauty and your health, unless you destroy them yourself, or discourage them to stay with you by using them ill.—Temple.

"A healthy national mentality does not look for war; for are not all wars reactions to buried conflicts? The bringing of these conflicts to the surface, the digestion and disposal of them, is the art of making peace. Mental hygiene is concerned with the causes of war and its message to peace workers is a message of hope—hope in the understanding of human personality—in the understanding of the fears, aspirations, strivings and tendencies that operate, consciously and unconsciously, in all human behavior, in individual and group relations."—Prof. C. E. A. Winslow.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX	OPHTHALMIA NEONATORUM
BERI-BERI	PARATYPHOID FEVER
BOTULISM	PELLAGRA
CEREBROSPINAL MENINGITIS (Epidemic)	PLAQUE
CHICKENPOX	PNEUMONIA (Lobar)
CHOLERA, ASIATIC	POLIOMYELITIS
COCCIDOIDAL GRANULOMA	RABIES (Animal)
DENGUE	RABIES (Human)
DIPHTHERIA	ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
DYSENTERY (Amoebic)	SCARLET FEVER
DYSENTERY (Bacillary)	SMALLPOX
ENCEPHALITIS (Epidemic)	SYphilis*
ERYSIPelas	TETANUS
FLUKES	TRACHOMA
FOOD POISONING	TUBERCULOSIS
GERMAN MEASLES	TULAREMIA
GLANDERS	TYPHOID FEVER
GONOCOCCUS INFECTION*	TYPHUS FEVER
HOOKWORM	UNDULANT (Malta) FEVER
INFLUENZA	WHOOPING COUGH
JAUNDICE, INFECTIOUS	YELLOW FEVER
LEPROSY	
MALARIA	
MEASLES	
MUMPS	

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAQUE	YELLOW FEVER

*Reported by office number. Name and address not required.

We all foreknow that the sun will rise and set, that all men born into the world shall die again; that after winter the spring shall come; after the spring, summer and harvest; yet is not our foreknowledge the cause of any of those.—Raleigh.

"I keep six honest serving men,
(They taught me all I knew)
Their names are What and Why, and When
And How, and Where and Who."

—Rudyard Kipling.

MORBIDITY*

Diphtheria.

72 cases of diphtheria have been reported, as follows: Hayward 1, Oakland 2, Bakersfield 1, Los Angeles County 6, El Segundo 1, Glendale 2, Glendora 1, Hermosa Beach 1, Long Beach 1, Los Angeles 17, Montebello 1, Whittier 10, Merced 1, Orange County 1, Orange 1, Riverside 1, San Francisco 9, Stockton 1, San Luis Obispo County 1, San Mateo County 1, Burlingame 2, Santa Clara County 2, Gilroy 2, Palo Alto 1, San Jose 3, Hollister 1, Santa Rosa 1.

Measles.

18 cases of measles have been reported, as follows: Fresno 1, Los Angeles 3, Santa Monica 1, Lincoln 1, San Luis Obispo 1, Lompoc 7, Santa Clara County 4.

Scarlet Fever.

159 cases of scarlet fever have been reported, as follows: Alameda 1, Oakland 7, Butte County

*From reports received on December 24th and 26th for the week ending December 22d.

4, Contra Costa County 2, Fresno County 1, Fresno 3, Kern County 6, Taft 2, Los Angeles County 5, Long Beach 2, Los Angeles 34, Manhattan Beach 1, Pomona 1, Redondo Beach 1, San Fernando 1, San Gabriel 1, Santa Monica 1, Whittier 1, South Gate 2, Madera County 6, Merced 1, Monterey 2, Pacific Grove 3, Orange County 4, Anaheim 1, Newport Beach 3, Orange 2, Riverside County 1, Riverside 4, National City 1, San Francisco 22, San Joaquin County 7, Lodi 3, Stockton 7, Burlingame 1, Santa Clara County 2, Gilroy 1, San Jose 1, Sonoma County 3, Petaluma 2, Santa Rosa 1, Yuba City 1, Tuolumne County 1, Yuba County 2, Marysville 1.

Smallpox.

14 cases of smallpox have been reported, as follows: Oakland 2, Butte County 8, San Francisco 3, Visalia 1.

Typhoid Fever.

4 cases of typhoid fever have been reported, as follows: Los Angeles 2, San Francisco 1, Benicia 1.

Whooping Cough.

74 cases of whooping cough have been reported, as follows: Oakland 5, Los Angeles County 4, Huntington Park 1, Long Beach

3, Los Angeles 28, San Gabriel 1, Santa Monica 2, Whittier 1, Monterey Park 1, Maywood 1, Orange County 2, San Bernardino 2, National City 1, San Francisco 8, Stockton 7, Santa Clara County 1, San Jose 1, Tehama County 1, Corning 2, Woodland 2.

Coccidioidal Granuloma.

3 cases of coccidioidal granuloma have been reported, as follows: Kern County 1, San Francisco 2.

Meningitis (Epidemic).

14 cases of epidemic meningitis have been reported, as follows: Los Angeles County 1, Long Beach 1, Los Angeles 4, Orange County 1, Hollister 1, San Diego County 1, San Francisco 3, Gilroy 1, Woodland 1.

Leprosy.

1 case of leprosy has been reported, as follows: Orange County 1.

Poliomyelitis.

4 cases of poliomyelitis have been reported, as follows: Oakland 1, Kern County 1, San Francisco 1, San Luis Obispo 1.

Encephalitis (Epidemic).

1 case of epidemic encephalitis has been reported, as follows: Los Angeles County 1.

COMMUNICABLE DISEASE REPORT

Disease	1928			Reports for week ending Dec. 22 received by Dec. 26	1927			Reports for week ending Dec. 24 received by Dec. 27		
	Week ending				Dec. 3	Week ending				
	Dec. 1	Dec. 8	Dec. 15			Dec. 10	Dec. 17			
Anthrax	0	0	0	0	1	0	0	0		
Botulism	0	1	0	0	0	0	0	0		
Chickenpox	237	236	257	107	283	410	260	26		
Coccidioidal Granuloma	0	0	1	3	0	0	0	0		
Diphtheria	78	93	87	72	148	135	161	114		
Dysentery (Bacillary)	1	0	2	0	1	1	0	1		
Encephalitis (Epidemic)	3	3	2	1	2	2	0	0		
Food poisoning	4	0	0	4	0	0	0	5		
German Measles	5	7	13	1	118	74	72	106		
Gonococcus infection	113	105	119	74	119	103	110	53		
Influenza	10,095	10,683	7,385	2,708	32	21	28	13		
Jaundice (Epidemic)	0	1	0	0	0	3	0	0		
Leprosy	0	2	0	1	1	0	0	0		
Malaria	0	1	1	0	1	3	0	0		
Measles	27	21	16	18	38	55	51	17		
Meningitis (Epidemic)	7	9	19	14	2	6	2	0		
Mumps	152	203	213	121	81	95	92	41		
Paratyphoid Fever	0	0	0	0	0	0	0	1		
Pneumonia (Lobar)	145	192	200	125	41	45	57	34		
Poliomyelitis	5	0	4	4	24	24	22	7		
Rabies (animal)	14	13	5	17	17	5	13	3		
Rocky Mt. Spotted Fever	0	0	0	0	0	0	0	0		
Scarlet Fever	191	198	219	159	172	173	191	132		
Smallpox	19	21	27	14	12	7	27	11		
Syphilis	115	149	162	111	121	123	204	67		
Tetanus	1	0	0	0	2	1	0	0		
Trachoma	4	3	0	0	3	7	0	1		
Trichinosis	0	2	0	0	1	0	0	0		
Tuberculosis	207	205	184	206	195	222	186	85		
Typhoid Fever	4	4	6	4	1	10	7	10		
Typhus Fever	0	0	0	0	0	0	0	0		
Whooping Cough	104	150	150	74	125	170	83	39		
Totals	11,531	12,302	9,071	3,838	1,541	1,695	1,566	766		

CALIFORNIA STATE PRINTING OFFICE